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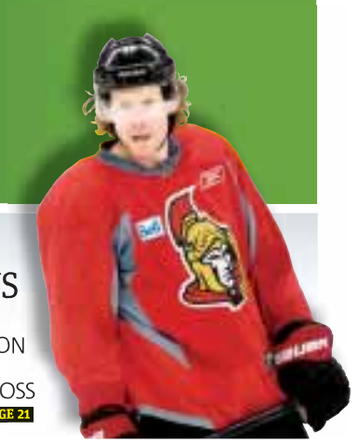

Have you signed the petition yet?

Regina Water Watch

www.ReginaWaterWatch.ca

See you at the Cathedral Village Arts Festival!

These tacos are loco

From Cali vegetarian to steak house, taco goodness can be had by all PAGE 20

IT AIN'T OVER TILL THE WHISTLE BLOWS

DON'T COUNT 'EM OUT YET: SENS CAPTAIN DANIEL ALFREDSSON CLARIFIES COMMENTS HE MADE FOLLOWING A TOUGH GAME 4 LOSS TO THE PENGUINS PAGE 21

Province gets abysmal grade in health care

Conference Board of Canada report. Nurses' union head calls results 'troubling' as Sask. receives a 'D' for overall performance

JANE CAULFIELD
Metro in Saskatoon

When it comes to maintaining a healthy province, Saskatchewan gets a poor grade.

A new report by the Conference Board of Canada examines more than 90 factors, giving Saskatchewan a "D" grade for overall health-care performance.

"We know that there's great patient-centred care being delivered (in Saskatchewan)," Tyler McMurchy, spokesman for the provincial Ministry of Health, said on Thursday. "We know that there's room for improvement in any health-care system, including ours."

Grouped into categories such as lifestyle factors, health status and health system resources, most factors received a final grade of "C" or "D".

The province did receive a few "A" grades in notable subcategories such as wait times for specialists and patient safety.

According to McMurchy, the "A" grades are due to a variety of initiatives taken by the ministry to address known issues within the health-care system.

"When it comes to this report, the challenges that it identifies are not new," McMurchy said. "There are areas where the province has already progressed and there are areas where we are still working to improve things."

Tracy Zambory, president of the Saskatchewan Union of Nurses (SUN), called the report "troubling." She pointed to measures that health-care providers can take collaboratively to make improvements.

"If we look at improving the roles that registered nurses can play by expanding what they can do ... it would go a long way for improving access for patients," Zambory said.

According to Zambory, increasing overall care can begin by continuing open discussions and agreements between SUN, the Ministry of Health and the regional health authorities.

SALUTING 140 YEARS

Members of Lord Strathcona's Horse ride alongside the RCMP Heritage Centre on Thursday afternoon in celebration of the RCMP's 140th anniversary. Story, page 5. ALYSSA MCDONALD/METRO

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Lloyd Barber Summit

U of R highlighting aboriginal post-secondary education

The two-day Lloyd Barber Summit on Aboriginal Post-Secondary Education started Thursday at the University of Regina, with lectures and presentations on the subject of aboriginal peoples and best practices in education.

Perry Bellegarde, chief of the Federation of Saskatchewan Indian Nations JEFF MACKEY/METRO

Speakers included U of R president Vianne Timmons, Federation of Saskatchewan Indian Nations Chief Perry Bellegarde and Saskatchewan MLA Don Morgan.

On Friday, Assembly of First Nations National Chief Shawn Atleo will speak, as well as University of Winnipeg president and former federal cabinet member Lloyd Axworthy.

The summit is taking place at the university's Research and Innovation Centre. METRO

Investigation

Man dies in Regina police custody

A 37-year-old man died Thursday morning while in Regina police custody. Officers went to Nollet Avenue at 5:08 a.m. on Thursday to respond to a call about a man, wearing a T-shirt and underwear, yelling and running on the street.

City police took the man into custody, though paramedics were called shortly afterward to take him to a hospital. He was pronounced dead at 6:13 a.m. His name was not released.

An independent observer will be appointed by the provincial Ministry of Corrections and Policing as part of an investigation into the incident.

Police are asking anyone with information who could assist their investigation to call 306-777-6500. METRO

Beer, wine joining popcorn on Saskatoon movie theatre menu

VIP. Cineplex's alcoholic beverage service coming to Saskatoon next year, but Regina will have to wait

ROSS ROMANIUK
ross.romaniuk@metronews.ca

It won't be only the characters on screen drinking beer or other booze at the movies in Saskatchewan.

A Saskatoon cinema is planning to bring in liquor sales and a licensed lounge, just a week after the provincial government brought in relaxed regulations on the control of alcoholic drinks.

Galaxy Cinemas Saskatoon will, by sometime next year, be at least 12,500 square feet larger with three additional so-called VIP auditoriums where patrons — adults only in those sections — will be able to drink beer, wine and cocktails ordered on the premises, Cineplex Entertainment confirmed on Thursday.

"It's a relatively new concept," Mike Langdon, director of communications for Cineplex, said from Toronto.

"And it's a great opportunity for our guests in Saskatoon to experience a new way of going to the movies."

The expansion of the downtown theatre from its current 12 auditoriums to 15, and its planned rebranding in 2014 to become Cineplex Cinemas Saskatoon and VIP, makes Saskatchewan the latest market for the national company's move into alcohol sales and in-seat liquor service.

More than a half-dozen other Cineplex facilities in Canada have liquor on their menus, as well as higher-end snacks and lounges.

So far, though, moviegoers in Regina and other smaller centres across the province won't have the same beverage options.

"At this stage, it's just Saskatoon," Langdon said. "We're always looking at new sites. But at this stage, this is the only one we've announced."

The Saskatoon theatre's lounge will be open to all customers of drinking age, not only those paying the extra $6 to $7 ticket premiums for the VIP service.

But Langdon stressed that customers need not be concerned about drunkenness or booze-fuelled shenanigans ruining their movie outings.

Saskatoon's downtown Galaxy Cinemas will become Saskatchewan's first movie theatre to serve alcohol to customers, and even deliver it to their seats. MORGAN MODJESKI/METRO IN SASKATOON

"There have been virtually no examples of that happening," he said. "It hasn't been an issue for us at all."

Twinning of primary schools doubles the chance to learn

Robson Mgawi teaches a Grade 4 student at St. Pius X School how people shake hands in Malawi. ALYSSA MCDONALD/METRO

In a Grade 4 classroom at Regina's St. Pius X School on Thursday, Robson Mgawi answered students' questions about his life in Malawi: What he eats, what people wear and what animals roam nearby.

This classroom is one of approximately five at the school that will receive a visit from Mgawi, who will take letters they have written back to a partnering elementary school — "twinned" with St. Pius X — in the southeastern African country. By mid-June, the students will receive handwritten letters back from their pen pals on the other side of the world.

"This kind of relationship grows in a bigger way than what we see today," said Mgawi, a vocational teacher at University of Malawi Polytechnic.

Students at St. Pius X have raised more than $1,500 to help the African students get electricity at their school for the first time.

"What the students here are doing can make a future for a Malawian, who could even work here (some day)," said Mgawi.

The pen-pal initiative has come out of a wider socio-economic pilot project between Mgawi's school and the faculty of education at the University of Regina. The six-year partnership, which started in 2008, brings vocational training to elementary school children at Senga Model Primary School in central Malawi, with a focus on female education.

The twinning of the two elementary schools, however, came only last year. Project manager Elaine McNeil said it's beneficial to both schools to share their stories.

"(The students) are learning all kinds of things about their friends 10,000 miles away and helping to improve the school in all kinds of ways," said McNeil, who has visited Malawi more than 40 times in the last 45 years. ALYSSA MCDONALD/METRO

Congratulations photo by Miss World Canada on Camille's win

Camille's Testimonial

Custom dress designed by Natalia Kulichenko, In house designer for Flirt Formal Fashions

After shopping around and exploring various options for my evening gown and formal dresses for the Miss World Canada Pageant, I decided to use the services of ***Flirt Formal Fashions*** *of Regina. The team at Flirt Formal Fashions provided me with many options from which to choose in viewing and making my purchases.*

They approached the whole process with eagerness, enthusiasm and a strategy based on "ATTENTION TO DETAILS, THE RIGHT FIT AND CUSTOMER SATISFACTION." They made the time for every viewing, custom fitting and alterations and provided me with an evening gown that assisted me in my quest and acquisition of the 'Crown'.

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Dream staycations

While vacations to tropical destinations may make you the envy of the office, the so-called staycations, where you take time off to explore your own city, are increasingly popular with people who aren't looking to break the bank. We asked these locals what they would do if they were to take a staycation in Regina.

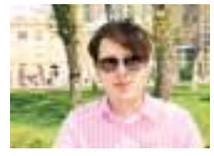
TEXT AND PHOTOS BY JEFF MACKEY/METRO

Tiffany McGough, 28, insurance industry

"I would probably go to Regina Beach and tan, hang with friends, do some shopping or maybe just read and chill and watch movies."

Chris Madden, 28, SaskTel manager

"In Regina there is always different stuff going on. There is the Cathedral Arts Festival, the Mosaic Festival, so you could check those out and just kind of take it easy."



Karen Demmans, 18, student

"I would use my time off to be productive with my life and actually get things done. Then I would check out the Science Centre and the art galleries … see what Regina has to offer."

Kate Herriot, 26, theatre artist

"I would probably spend a lot of time on personal projects, like just going to a coffee shop and doing some writing. I would also hang out a lot downtown … and I would eat at a bunch of cool restaurants because I never have time to do that."

Dustin Milani, 29, computer programmer

"I would probably spend most of it sitting in a park or throwing a Frisbee around with my friends and walking my dogs."

Maria Zacharuk, 29, Regina Police Service

"I would probably take some time to clean out my condo and get my life in order, because with shift work it tends to get out of order quick."

RCMP celebrate 140 years with heritage exhibit

A Mountie views a timeline of Sam Steele's journey on the opening day of the RCMP Heritage Centre's exhibit on Thursday. ALYSSA MCDONALD/METRO

The RCMP are celebrating their 140th anniversary with an exhibit looking back at the life and journey of one of its first-ever members, Sir Sam Steele.

Steele was the third person ever to sign up for the North West Mounted Police in 1873, and exhibit curator Jodi Ann Eskritt says he was a pivotal Mountie in Canadian history.

"In our Canadian history, you name the event and it's almost guaranteed that Sam was there," Eskritt said on Thursday. "(And) if he wasn't there, he was nearby."

The exhibit shows the timeline of Steele's journey through Canada, including the building of the Canadian Pacific Railway, the Gold Rush in Yukon and setting up the NWMP headquarters in Regina in 1882.

It also features clothes, diaries, hand-drawn maps and trinkets from his life.

"Every now and then it takes a milestone, it takes a celebration to come back to our roots, to come back to being grounded and to really zero in on what made us what we are today," said RCMP Assistant Commissioner Roger Brown.

The exhibit, which is normally stationed in Edmonton, will be on display in the Queen City until Sept. 2 at the RCMP Heritage Centre, which is celebrating its sixth anniversary this week.

ALYSSA MCDONALD/METRO

Alleged would-be terrorist wants lawyer to cite Qu'ran

Accused in VIA Rail case. Suspect says he does not recognize the secular Criminal Code

A man charged in the alleged plot to attack a VIA Rail passenger train says he wants to be represented by a lawyer who will use the Qu'ran as a reference in his case.

"I am agreed to have a lawyer," Chiheb Esseghaier said, appearing in a Toronto court by video link from jail on Thursday.

"But I wish this lawyer can co-operate with me, because I need the holy book as reference for my judgment. I don't want a book written by humans."

The 30-year-old Montreal man told court during an earlier appearance that he does not recognize the authority of the secular Criminal Code.

Both Esseghaier and 35-year-old Raed Jaser of Toronto are charged with conspiracy to murder for the benefit of a terrorist group, participating in a terrorist group and conspiring to interfere with transportation facilities for the benefit of a terrorist group.

The RCMP calls the case the first known alleged plot in Canada directed by al-Qaida.

The justice of the peace told Esseghaier he would have to discuss his wishes with his lawyer once one has been assigned.

He was scheduled to return to court June 3 to provide an update on his request. THE CANADIAN PRESS

Police allege Chiheb Esseghaier and another man were conspiring to derail a VIA Rail passenger train. FRANK GUNN/THE CANADIAN PRESS FILE

Second suspect

Jaser silent on the issue

Raed Jaser also appeared by video link and was scheduled for another court appearance on June 25 as his case goes through the disclosure process.

One of his lawyers, Brydie Bethell, said she has not heard Jaser making similar remarks about the legitimacy of Canada's criminal laws.

"The client has not made any comment like that to me," she said.

London. Muslim radicals say they know suspect in bloody street slashing

A man seen wielding a butcher knife after the killing of a British soldier on the streets of London was described as a convert to Islam who took part in demonstrations with a banned radical group, two Muslim hardliners said on Thursday.

Police raided houses in connection with the slaying. In addition to the two suspects who were hospitalized after being shot by police, authorities said they had arrested a man and a woman, both 29, on suspicion of conspiracy to murder.

Authorities have not identified either wounded suspect.

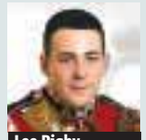
Anjem Choudary, the former head of the radical group al-Muhajiroun, said that the man depicted in a startling video of the event was named Michael Adebolajo, a Christian who converted to Islam around 2003 and took part in several demonstrations by the group.

Omar Bakri Muhammad, who now lives in Lebanon but had been a radical Muslim preacher in London, also said he recognized the man as Adebolajo and said he attended his lectures in the early 2000s.

Bakri, speaking from Lebanon, said he remembers Adebolajo as a "shy person" who was keen to learn about Islam and asked interesting questions. THE ASSOCIATED PRESS

Off-duty soldier

Victim identified



Lee Rigby THE ASSOCIATED PRESS

The slain off-duty soldier has been identified as Lee Rigby, 25, who served in Afghanistan. Police would not say whether Rigby, father of a two-year-old boy, had been targeted specifically because of his military service.

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Man pleads guilty in Nova Scotia chained-teen case

David James LeBlanc.
Crown to seek eight to 12 years in prison at sentencing hearing scheduled for June 14

A 48-year-old man pleaded guilty Thursday to kidnapping, confining and sexually assaulting a 16-year-old boy at a cabin in rural Nova Scotia last fall.

David James LeBlanc appeared in Nova Scotia Supreme Court in Bridgewater, where he entered guilty pleas to charges of kidnapping, forcible confinement, sexual assault, uttering threats and breach of conditions.

Two other charges — sexual assault causing bodily harm and administering a noxious substance with intent to cause bodily harm — were withdrawn.

"As a mother, I just wanted him to suffer," the victim's mother said outside court Thursday, her hands shaking.

She said her son, who cannot be identified, is trying to put the incident behind him, adding she was glad he doesn't have to "relive" the abuse through a trial.

LeBlanc was charged after a woman reported in September that a barefoot teenager arrived at her doorstep in Upper Chelsea, about 130 kilometres southwest of Halifax, chained at his wrists and ankles. At the time, the RCMP said they believe the boy was held captive for 10 to 14 days before he was able to escape.

LeBlanc also pleaded guilty Thursday to making and distributing child pornography as well as sexual interference in a separate case involving two boys, aged five and two.

Crown prosecutor Lloyd Tancock said the guilty pleas mean that what would have likely been a lengthy trial with up to 20 witnesses for one case alone will now not go ahead. He said it also shielded the young victims from having to testify. THE CANADIAN PRESS

Search

LeBlanc was arrested Sept. 30 in northern Ontario after a Canada-wide manhunt.

- Police also searched for 31-year-old Wayne Alan Cunningham, whose body was later found near the area where LeBlanc was arrested. Foul play was not suspected.

Tornado victim laid to rest

Mourners leave a funeral service Thursday in Oklahoma City for Antonia Candelaria, a nine-year-old girl killed at a Moore, Okla., elementary school that took a direct hit in Monday's tornado. A band of thunderstorms battered the area Thursday, slowing cleanup operations in the town where the tornado killed 24 people and destroyed thousands of homes this week. TONY GUTIERREZ/THE ASSOCIATED PRESS

Death threat

FBI arrests man in ricin letter scare

The FBI has arrested a suspect in a case involving the discovery of a pair of letters containing the deadly poison ricin.

Matthew Ryan Buquet, 37, was arrested Wednesday. A grand-jury indictment accused him of mailing a death threat to U.S. District Judge Fred Van Sickle in Spokane, Wash., on May 14. THE ASSOCIATED PRESS

Military sex assaults

Senator slams culture of abuse

A U.S. senator says repeated sexual assaults in the military allow a culture of abuse to continue.

Democrat Kirsten Gillibrand of New York addressed the latest case at West Point. An army sergeant is charged with secretly taking pictures and video of at least a dozen women at the army academy. THE ASSOCIATED PRESS

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Breast cancer. Ont. researcher explains breakthrough

Western University's John P. Wiebe has turned up hormones that could change the way some breast-cancer patients are treated. ANGELA MULLINS/METRO IN LONDON

The lead researcher of a Western University breast-cancer study says he has identified new hormones that "may suppress breast cancer and stimulate the regression of breast tumours."

Prof. John P. Wiebe's work was recently published in the Breast Cancer Research journal.

"Basically, we've got the first explanation of what causes receptor-negative breast cancer," said Wiebe, who works in London, Ont.

There are two types of breast cancer: Receptor-negative and receptor-positive. Receptor-negative cases, which Wiebe says have the higher mortality rate of the two, do not respond to hormonal therapies such as tamoxifen. That means patients are forced into chemo or radiation therapy immediately.

Wiebe's discovery, however, could turn the tide.

JOHN MATISZ/METRO IN LONDON

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U.S. President Barack Obama speaks Wednesday in Washington, D.C., about his administration's drone and counterterrorism policies, as well as the military prison at Guantanamo Bay. SAUL LOEBSAUL LOEB/AFP/GETTY IMAGES

Drone strikes necessary in fight against terror: Obama

Security policy. U.S. president also announces a renewed push to close Guantanamo Bay

U.S. President Barack Obama on Thursday defended America's controversial drone attacks as legal, effective and a necessary linchpin in an evolving U.S. counterterrorism policy. But he acknowledged the targeted strikes are no "cure-all" and said he is haunted by the civilians unintentionally killed.

The president also announced a renewed push to close the Guantanamo Bay detention centre in Cuba, including lifting a moratorium on prisoner transfers to Yemen. However, shutting the prison will still require help from Republicans reluctant to back Obama's call to move some detainees to U.S. prisons and try them in civilian courts.

Obama framed his address as an attempt to redefine the nature and scope of terror threats facing the U.S.

"Neither I, nor any president, can promise the total defeat of terror," Obama said in remarks at the National Defence University. "What we can do ... is dismantle networks that pose a direct danger, and make it less likely for new groups to gain a foothold."

The highly secretive program of unmanned spy drones has faced criticism from congressional lawmakers who have questioned its scope and legality. THE ASSOCIATED PRESS

Haunted by deaths

The president defended targeted drone killings as both effective and legal.

- He acknowledged the civilian deaths that sometimes result.
- "For me, and those in my chain of command, these deaths will haunt us as long as we live," he said.

Texas vote

Boy Scouts to accept openly gay kids

Local leaders of the Boy Scouts of America voted Thursday to ease a divisive ban and allow openly gay boys to be accepted into the nation's leading youth organization — one of the most dramatic moves the organization has made in a century. Gay adults will remain barred from serving as Scout leaders.

About 1,400 members of BSA's National Council voted. THE ASSOCIATED PRESS

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SHOPPERS DRUG MART

RCMP given Senate documents

Expense-claim scandal. Debate continues to rage over report as Sen. Duffy shrugs off suggestions he should resign

The Senate has turned over documents to the Mounties to help their investigation into improper expense claims.

Senate Speaker Noel Kinsella says the RCMP's sensitive and international investigations unit is examining the claims of senators Mike Duffy, Mac Harb and Patrick Brazeau.

The police asked for documents related to the Senate's travel and expenses policies.

A debate is still raging over whether Conservatives on a committee reviewing Duffy's expenses whitewashed their report into the matter. The controversy grew Thursday as the Conservative in charge of the probe admitted he got advice from Stephen Harper's team.

Sen. David Tkachuk, one of a three-member special subcommittee studying Duffy's housing expenses, told Maclean's magazine that he spoke to people in Harper's office — including former chief of staff Nigel Wright — about the issue.

Duffy spoke out Thursday for the first time since the scandal erupted last week, insisting that he looks forward to a complete airing of all the facts and dismissing suggestions he should resign his Senate seat.

THE CANADIAN PRESS

Sen. Mike Duffy arrives on Parliament Hill Thursday. ADRIAN WYLD/THE CANADIAN PRESS

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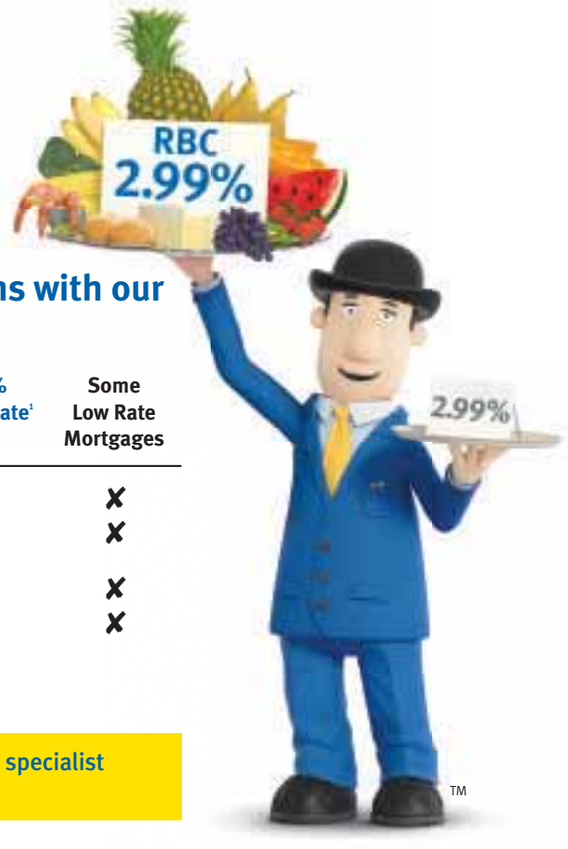

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Ford theatre. Toronto mayor's chief of staff gets shown the door

The chief of staff to Toronto's embattled Mayor Rob Ford was escorted by security from city hall Thursday as allegations the mayor had been caught on video smoking crack cocaine continued to swirl.

Mark Towhey said he did not resign but his departure had not come as a shock to him.

"The mayor and I spoke about it this afternoon," Towhey said as reporters trailed him through the underground parking lot. Towhey refused to elaborate on the conversation or say what advice he had given Ford about the alleged video.

"My conversations with the mayor are between the mayor and me," Towhey said.

"My advice to the mayor is my advice to the mayor."

Last week, both the American-based website Gawker.com and Torstar News Service reported they had seen — but not obtained — a video made by a west-end drug dealer who was shopping it around for six figures.

Gawker has been trying to raise $200,000 to buy and post the video, reaching more than $157,000 by Thursday evening.

Towhey's departure comes a day after the Toronto District Catholic School Board announced it had dropped Ford as volunteer coach of his favourite high school football team, the Don Bosco Eagles.

Mark Towhey
STEVE RUSSELL/TORSTAR NEWS SERVICE

THE CANADIAN PRESS

Privacy policy. Official wants power to impose big fines on big companies

Canada's privacy commissioner Jennifer Stoddart says she's tried naming and shaming some of the world's largest companies, but it hasn't really worked. So she wants to hit them on their bottom lines.

Stoddart wants Canada's Federal Court to have the power to impose punishing penalties when organizations run afoul of privacy laws.

Pointing to a record-high $22.5-million US fine levied against Google last year by the U.S. Federal Trade Commission, Stoddart says there's no reason Canada can't be just as tough.

"That kind of fine gets the attention of the organization the way my requests to change their practices and give us a report doesn't," says Stoddart.

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Purchase a new 2013 Fusion S, Escape S FWD, Edge SE, F-150 Super Cab XLT 4x4 5.0L or Flex SEL FWD (models for a maximum of 48/60/72 months (equivalent retail customers, on approved credit) and receive $0 down payment, monthly payments of $136.83/$139.00/$185.00 (2.5%/3.5%/4.5% lease APR) for a total obligation of $9,852.96/$10,008.00/$13,320.00 (lease APR of 1.49%/3.99%/1.99%) based on a purchase price of $21,999/$20,999/$28,999 (plus freight and air tax). Total Manufacturer Rebate of $3,750/$3,750/$3,750 deducted from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payments $520.83/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment or particular financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. Purchase a new 2013 Fusion S, Escape S FWD, Edge SE, F-150 Super Cab XLT 4x4 5.0L or Flex SEL FWD (models for a maximum of 72 months (equivalent retail customers, on approved credit) and receive $0 down payment, monthly payments of $136/$139/$185 (1.49%/3.99%/1.99% lease APR) for a total obligation of $9,792/$10,008/$13,320 (lease APR of 1.49%/3.99%/1.99%) based on a purchase price of $21,999/$20,999/$28,999 (plus freight and air tax). Total Manufacturer Rebate of $3,750/$3,750/$3,750 deducted from Ford Credit. Not all buyers will qualify for the lowest interest rate. Get the above for $21,999/$20,999/$28,999 purchase financed at 1.49%/3.99%/1.99% APR for 72 months, with $1,750 down payment, monthly payments $136/$139/$185 (1.49%/3.99%/1.99% lease APR) for a total obligation of $9,792/$10,008/$13,320 (lease APR of 1.49%/3.99%/1.99%) based on a purchase price of $21,999/$20,999/$28,999 (plus freight and air tax). Total Manufacturer Rebate of $3,750/$3,750/$3,750 deducted from Ford Credit. Taxes payable on full amount of purchase price. Offers exclude freight and air tax ($1,600) license, fuel fill charge, insurance, dealer PDI, registration. PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Dates are payable on the full amount of the purchase price. ‡ Until May 31, 2013, lease a new 2013 F-150 Super Cab XLT 4x4 5.0L / F-150 Super Crew XLT 4x4 5.0L and get $0 down, $269/$13 APR for up to 24 months with approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease the above with a reduced $27,999/$28,099 (24,999) at 0.99% APR for up to 24 months with $22,250 down and receive a equivalent trade-in, monthly payment is $269/$282. Total lease obligation is $28,306/$28,080 (optional buyout is $18,306/$18,250). Cost of borrowing is $1,423/$1,669 for a total obligation of $29,729/$29,749 (lease APR of 0.99%). Taxes payable on full amount of purchase price. Offers exclude freight and air tax ($1,600), license, fuel fill charge, insurance, dealer PDI, registration. PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Dates are payable on the full amount of the purchase price. ‡‡ Offer ends May 31, 2013. Use this $1,000 FCM Centre member offer towards the purchase or lease of a new 2013/2014 Ford vehicle (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, Transit Connect 114 & Medium Trucks) (each an "Eligible Vehicle"). The Eligible Vehicle must be delivered and/or factory ordered from your participating Ford dealer within the Offer Period. Offer is only valid at participating dealers. Limited to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is not combinable with any OTA, GFC or Daily Rental Incentive, the Commercial Fleet Incentive Program or the Commercial Fleet Incentive Program (CFIP). Applicable taxes calculated before $1,000 FCM offer is deducted. Dealer may sell or lease for less. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1 800 565 3673. ** Estimated fuel consumption ratings for the 2013 Ford Fusion FWD 1.6L I-4 Ecoboost SFE (2.5L I-4 Escape FWD 2.5L I-4 / Edge FWD 3.5L V-6 EB) / F-150 4X4 5.0L V8 6-speed Auto). Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ‡ F-Series is the best-selling pickup truck in Canada for 47 years in a row based on Canadian Vehicle Manufacturers' Associations statistical sales report, December 2012. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

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Electronics importers say feds duped them over tariff breaks

Paper trail. Coalition says it has documents showing officials let products in duty-free, knowing levies would be claimed later on

The flap over electronics tariffs has also involved iPods. On Wednesday, Finance Minister Jim Flaherty was asked at a committee hearing about exemptions for iPods. GETTY IMAGES FILE

Importers of popular electronics such as big-screen TVs and MP3 players are ramping up their fight against federal tariff changes, accusing the government of misleading them by offering tariff breaks that it planned to claw back later.

Importers of televisions are already on the hook for about $16 million in retroactive duties from 2011 after last year's crackdown on a particular tariff exemption that has become a political football.

Electronics brought to Canada under exemption 9948 are supposed to be used continuously for four years while hooked up to a computer, and importers are required to provide an "end-user certificate" proving that's how each device was used.

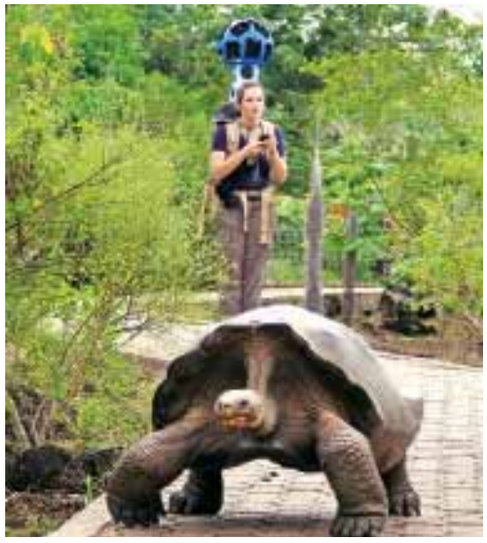
No such end-user certificates for consumer electronics exist, something officials at the Canada Border Services Agency have acknowledged in internal emails.

Now a coalition of importers says it has documents that prove border officials allowed them to import products duty-free, knowing the government would claim the tariffs and penalty costs at a later date.

THE CANADIAN PRESS

NDP reaction

- New Democrats, whom the Conservatives accused of planning an "iPod tax" in 2010, jumped on the latest revelations.
- "It's now clear that despite repeated denials, the Conservatives have been meticulously planning to impose a tax on iPods and other electronic goods and apply it retroactively," Murray Rankin, the NDP critic for national revenue, said in a release.



Take a hike, Google

This giant tortoise appears mightily unimpressed with the blue-headed human — a.k.a. Googler Karin Tuxen-Bettman — collecting imagery with a Street View Trekker at a tortoise breeding centre run by the Galapagos National Park Service. Google Maps sent crews armed with backpack-mounted cameras and underwater gear to trek around the Galapagos, and the imagery will be available on Street View later this year. Many of the archipelago's volcanic islands — which inspired Charles Darwin's theory of evolution — remain closed to tourists, so the footage will offer a first look at their natural wonders.

GOOGLE/THE ASSOCIATED PRESS

Personal finance

Home ownership still affordable: RBC

A new Royal Bank analysis finds home ownership in Canada remains largely affordable, even if there are signs of mild financial stress among indebted families. The RBC says its latest affordability report shows household financial conditions relative to home ownership were relatively unchanged in the first quarter of 2013 compared with the fourth quarter of 2012.

THE CANADIAN PRESS

Market Minute

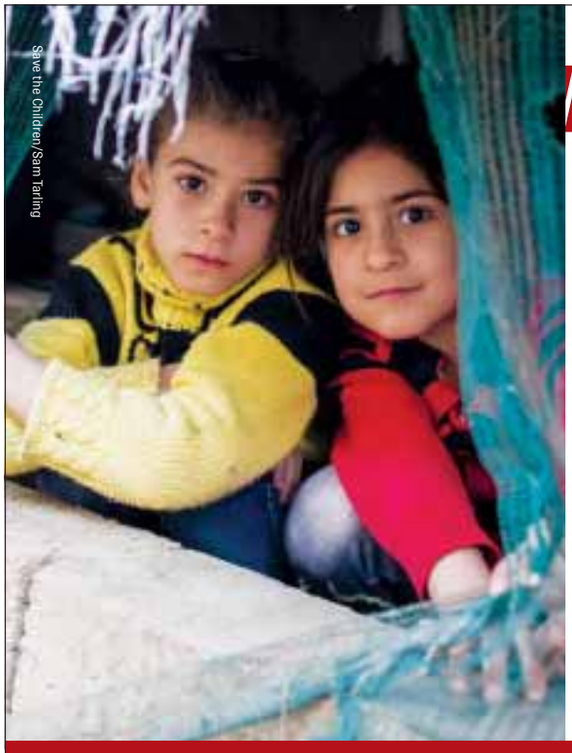
DOLLAR 97.14¢ (+0.73¢)

TSX 12,658.09 (-94.41)

OIL $94.25 US (-3¢)

GOLD $1,391.80 US (+$24.40)

Natural gas: $4.25 US (+ 6¢)
Dow Jones: 15,294.50 (-12.67)



SYRIAN REFUGEE CRISIS

Humanitarian Coalition members on the ground provide immediate assistance to vulnerable children and their families.

More than 1.4 million Syrians have fled into Jordan, Egypt, Lebanon and Turkey in search of safety – up to 7,000 people leave each day. They survive with limited or no access to basic resources and are desperate for clean water, food, and shelter.

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Your generous gift will immediately rush vital supplies to suffering children and their families.

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On **May 25 from 12pm- 5pm**, bring your old electronics to Best Buy in Regina for responsible recycling and your chance to win.

Learn more at **BestBuy.ca/TechItAway**

Come down to Best Buy at Prince of Wales Dr. and Victoria Ave.

$500 BEST BUY Gift CARD

Drop off your relic gadgets and gear and you could win a $500 Best Buy gift card

No purchase necessary. Contest open to residents of Manitoba, Saskatchewan and Quebec. Contest runs on May 25 from 12pm-5pm. There is one (1) $500 Best Buy gift card available to be won at each of the 6 store locations. Total retail value of all prizes is $3,000 CAD. Odds of winning depend on the number of entrants. Selected entrant must answer mathematical skill-testing question. For full contest details, visit BestBuy.ca/TechItAway.

HANGING JERSEY A SIGN OF HOPE

THE METRO LIST

Neil Morton
metronews.ca

1 YouTube Comedy Week. The future of comedy is on display this week as YouTube's first annual Comedy Week showcases the best funny stuff on its channel, with its comic stars like Jenna Marbles, Smosh, Epic Meal Time and Danisnotonfire — who all became famous there. Lesson? Instead of hitting amateur comedy clubs or driving to L.A. in your beat-up Jeep, just go on YouTube to showcase your talent.

2 Boston Rob. Reality fans love him for his appearances on Survivor (he was "sole survivor" in Season 22) and The Amazing Race. Well now Rob Mariano, a.k.a. Boston Rob, has released a book called The Boston Rob Rulebook: Strategies for Life, based around his strategic thinking and social awareness that you can apply to your own life. Because life is really one big game of survivor.

3 Tumblr says Yahoo! In its continued efforts to put itself on the map again, Yahoo bought media network Tumblr for $1.1 billion US. This could be a huge move in Yahoo's comeback attempt, as CEO Marissa Mayer tries to breathe new life into this Internet icon. Now this *will* definitely make Yahoo hipper, though some may equate purchasing indie Tumblr as selling out to aging hipsters.

4 @ThatEricAlper. With 127,000-plus followers on Twitter, Canadian music expert Eric Alper links to some of the best music/pop culture gems on the web, from 50 albums to play after a breakup, to nine people who were banned from Saturday Night Live, to a super-cut of film characters screaming "Noooooooooo!" Follow him to be a cool cat.

5 Roboteyes. This synthpop band calls themselves "the soundtrack to the greatest John Hughes movie never made." With their new-wave-era sound, roboteyes' self-titled debut is well worth a listen at roboteyes.bandcamp.com. Their song Break My Heart should be a hit song. It would have been in the '80s.

6 Buzzfeed. It's one of the hottest news sites on the planet right now, and what it does better than anyone is capture and fuel posts going viral — whether it's pictures of cute cats, photo bombs, YouTube videos or breaking news. Buzzfeed gets that people want to discover and share things — from the silly to the serious and everything in between.

7 MS Walk. MS Walks happen in 160 communities across Canada, bringing together people who have been impacted by multiple sclerosis and raising money for research and support programs. I'm walking in one this Sunday in Peterborough, Ont., with my wife and kids in support of our friend who has been battling the disease. Learn more about these walks at mswalks.ca.

8 Hadfield's space guitar. Chris Hadfield didn't just make space travel really cool — he also made more people want to be guitar heroes. After Hadfield performed Bowie's Space Oddity in space while playing a Vancouver-made Larrivée guitar, that guitar has now been brought back into production for a limited run due to demand. The first guitar rock star on Mars could be you.

9 Kevin Durant. His jersey was photographed hanging amidst the rubble from the tornado in Moore, Okla. And the NBA star proved once again how down-to-Earth and charitable he is when he donated $1 million US to help the recovery efforts there. His Oklahoma City Thunder and the NBA soon followed suit, donating $1 million as well.

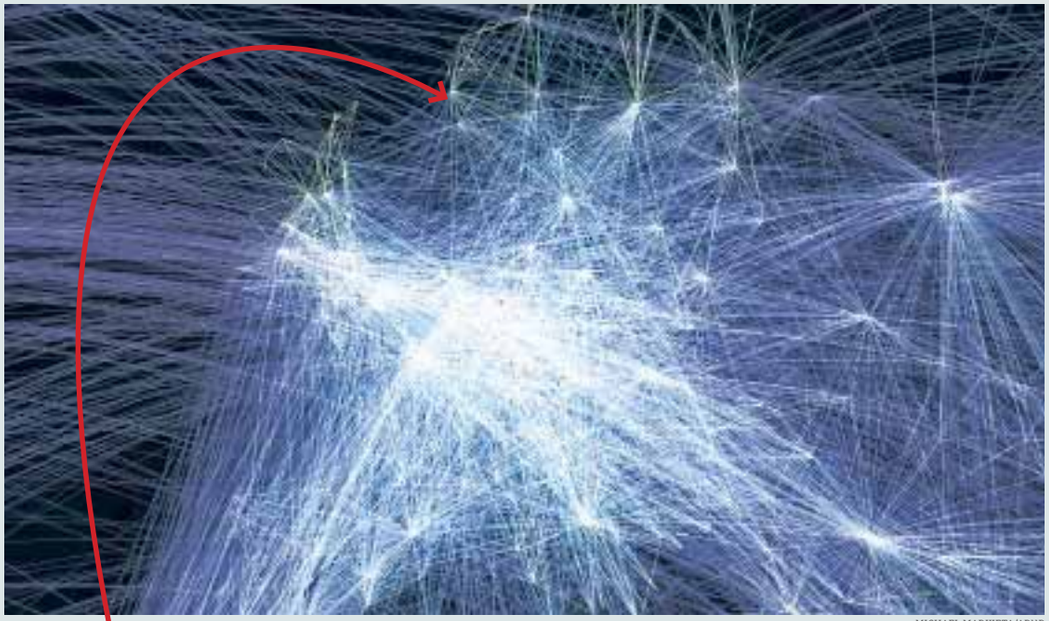
10 Teens and Twitter. A new study from the Pew Research Center reveals Twitter is becoming a go-to social-media destination for teens who say there is too much drama (and parent surveillance) on Facebook. When parents see this, they will get on Twitter and start following their kids there. Dear teens, there is no escape in the social-media world either. Now go clean your rooms.

11 Avery. Speaking of teens, my daughter Avery becomes a teenager next week — yes, she turns 13. I always wanted to give her a shout-out on this list — I love her so much (and my youngest daughter, Chloe). So Avery, there you go. Cool Dad? Yeah, OK, maybe. Now go clean your room.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Have a visually nice flight



MICHAEL MARKIETA/ARUP

The point is you can see flight patterns

A Canadian geographic analyst has transformed aviation data into striking visualisations of flight paths.

Michael Markieta, 23, used more than 58,000 paths, which trace the outlines of the continents. Markieta spent the past year developing the graphics for design and engineering firm Arup, to see how the world is connected.

METRO

Go far

- **Data source.** Open-source project openflights.org.
- **Applications.** To track movement between countries to monitor the spread of disease, to devise analytical ratio between number of flights and GDP of destination/origin cities.

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

With the release of Twitter's standalone music app (cleverly named #music), you can now hear what the tweople are tuning into while tuning out their office mates. If you think your music taste is more discerning than the average tweeter, #music will personalize a playlist for you. Based on your follows, tweets and other info provided (Rdio users can sync accounts for a more accurate experience), #music spits out custom-made song lists.
Or you may want to use more established music services like these:

Songza.com:
Playlists for every occasion from staying up all night to having a lazy Sunday morning.

Grooveshark.com:
Lets you select the albums, artists and genres you want to hear or susses out your likes to create a personalized playlist.

Rdio:
The music subscription service is now available in Canada too. For now, Canadians can get a free trial, but regular prices range from $5-$18.

Twitter

@metropicks asked: Paris Hilton's latest venture is a hip-hop record deal. What's your prediction for the heir?

@FrenchmanCanada: She's already made a sex tape, now she's going to make a mix tape. It makes sens.

@thingleaderof5: she'll sell only enough albums that she herself purchases. Her last album died before it hit stores...

@rhughesesq: I guess she was right with her first song, the stars really are blind

Follow @metropicks and take part in our daily poll.

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Synopsis

Picking up where Fast Five left off, when we first meet Dom Toretto (Vin Diesel) and company, they are wealthy outlaws, living in countries with no extradition to the U.S. Their quiet lives are disrupted when a gang led by super villain Owen Shaw (Luke Evans) stages a daring raid that threatens international security. A task force led by Luke Hobbs (Dwayne Johnson) calls on the expertise of the furious fugitives to help bring Shaw to justice.

- Richard — for F&F fans: ●●●○○
- Richard — for everyone else: ●●○○○
- Mark: ●●●○○

Could crash test dummies stand in for the cast of Fast & Furious 6? HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Fast & Furious medley

Nothing new. Now at the half-dozen mark, auto action series' latest film is more like a greatest hits mashup than its own creation

Richard: Mark, this is the culmination of the previous five. A greatest hits — literally, there are some wild crashes here — featuring characters from most of the films in the series. All the old faves are back — drug lord Braga, Hobbs and even Letty who was presumed dead in the last instalment — in a story that doesn't make a great deal of sense, but if it was supposed to make sense it would be called Sedans and Sensibility or maybe Of Miatas and Men. But no, this is a Fast & Furious movie that plays fast and furious with believability but still delivers a pretty good time at the movies. What's your take?

MB: SPOILER ALERT: THERE ARE CAR CRASHES IN THIS MOVIE. Richard, I'm so glad we got a sixth instalment of the franchise because somehow there were just too many unexplored nuances in the first five. But if it's action you're after, you won't be disappointed. You're right; the story is secondary; in fact, almost irrelevant. But the relationships among the characters also seem unimportant here. There seemed to be more emotional connection in Fast and Furious 2, 3, and 5 — or was it 1, 3, and 4? Anyway, you get my point. But things certainly go boom.

RC: They sure do. The action scenes here feature the fanciest stunt driving this side of Evel Knievel. To quote the movie, "We're talking vehicular warfare!" And that's what people want to see from these movies. Sure the talk of friendship and loyalty is the overriding theme, but that wouldn't mean much if cars don't become airborne before they burst into flames. What did you think of Vin Diesel?

MB: SPOILER ALERT: THERE ARE FIST FIGHTS IN THIS MOVIE. Richard, Vin Diesel has less personality than some of the cars. And Paul Walker must have been cast ages ago to make him look like a trained actor. The truth is, I'd watch these movies if they used crash test dummies in the leads. The pyrotechnics are dazzling and the cars are great to look at. Toward the end of the film there's a stunt that's so breathtaking it transcends the actors involved. So Diesel is as good as the film needs him to be.

RC: I liked how every line he speaks sounds as though he's dragging it through sandpaper.

MB: If there were ever a guy who needed auto-tune, it's Vin Diesel.

metro
News worth sharing.

Trotters
Liz

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Animation

Epic

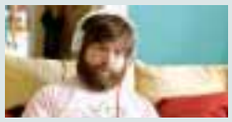
Director. Chris Wedge

Stars. Colin Farrell, Josh Hutcherson

Parents, get ready for an epic disappointment. Though colourful and exciting enough for the kids, most of the celebrity cast phone in lacklustre voice performances, and the computer animation just isn't spectacular enough to compensate. The story — about little forest people battling an evil corrupter of nature — ends up feeling like a low-rent FernGully (if you remember that one), without the environmental message. Funny guys Aziz Ansari and Jason Sudeikis stand out, and bring the only laughs for the over-10 crowd.

COLIN MCNEIL

Comedy



The Hangover Part III

Director. Ami Ayalon, Avi Dichter

Stars. Bradley Cooper, Ed Helms, Zach Galifianakis

The first Hangover movie was a dark, hilarious look at a bachelor party gone horribly wrong. After an unfunny carbon-copy sequel the series ends with a heist film, sans the monkey and, unfortunately, most of the laughs. This time the Wolfpack are coerced by a gangster into tracking down Mr. Chow (Ken Jeong) and gold bricks worth $21 million. Part three is as vulgar as the first two, but the story is stuck in limbo somewhere between heist flick and comedy.

RICHARD CROUSE

Drama

Still Mine

Director. Michael McGowan

Stars. Genevieve Bujold and James Cromwell

Good movies about and for older audiences are the new black. Still Mine, shot in northern Ontario and New Brunswick, is one of the best. A woman in her 80's falls down the stairs, prompting her husband to build a safer home on their property with his own hands. Local planners and unsupportive children block him at every turn but his will is boundless. The meat of the story is the 61- year bond between the couple, made achingly real by two gifted veteran actors.

ANNE BRODIE

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAY 24 TO THURS., MAY 30 TIMES ARE SUBJECT TO CHANGE.

Southland Mall 3025 Gordon Rd.

42 (PG) Fri 6:35-9:40 Sat-Sun 12:35-6:35-9:40 Mon-Thu 5:50-8:50
The Big Wedding (PG) Fri 6:50-9:20 Sat-Sun 1:25-4:35-6:50-9:20 Mon-Thu 6:05-8:30 Star & Strollers Screening Wed 1
The Croods 3D (G) Sat-Sun 1-4:30 Mon-Thu 5:40
Epic (G) No Passes Sat-Sun 12:55 No Passes Mon-Thu 5:55 Star & Strollers Screening, No Passes Wed 1
Epic 3D (G) No Passes Fri 7:30-10 No Passes Sat-Sun 3:45-7:30-10 No Passes Mon-Thu 8:35
Fast & Furious 6 (14A) No Passes Fri 7:15-10:30 No Passes Sat-Sun 1:20-4:20-7:15-10:30 No Passes Mon-Thu 6-9
The Great Gatsby (PG) Fri 7:05-10:20 Sat-Sun 12:30-3:55-7:05-10:20 Mon-Thu 5:20-8:25 Wed 10
The Hangover Part III (14A) No Passes Fri 7:45-10:10 No Passes Sat-Sun 12:20-2:45-5:10-7:45-10:10 No Passes Mon-Thu 6:15-8:45
Identity Thief (14A) Sat-Sun 3:35
Iron Man 3 (PG) Fri-Sun 7 Mon-Thu 5:45 Sat-Sun 12:45
Iron Man 3 3D (PG) Fri-Sun 10:05 Mon-Thu 8:40 Sat-Sun 4:10
Pain & Gain (14A) Fri 7:40-10:35 Sat-Sun 1:15-4:40-7:40-10:35 Mon-Thu 5:25-8:20
Star Trek Into Darkness (PG) No Passes Fri 6:45-9:50 No Passes Sat-Sun 12:40-3:40-6:45-9:50 No Passes Mon-Thu 5:30-8:55
Star Trek Into Darkness 3D (PG) No Passes Fri-Sun 7:20-10:20 No Passes Mon-Thu 8:05

Galaxy Cinemas Normanview S.C. 420 McCarthy Blvd. N. Unit

After Earth (PG) Thu 9:05
American Mary (18A) Thu 9:30
Epic (G) No Passes Sat 11:45 No Passes Sun 12
Epic 3D (G) No Passes Fri 4:55-7:30-10:05 No Passes Sat 2:20-4:55-7:30-10:05 No Passes Sun 2:30-5-7:30-10:05 No Passes Mon-Wed 7:20-9:55 No Passes Thu 6:35-9:50
Fast & Furious 6 (14A) No Passes Fri 6:45-9:50 No Passes Sat-Sun 12:40-3:40-6:45-9:50 No Passes Mon 6:45-9:45 No Passes Tue-Wed 7-10 No Passes Thu 6:55-10 No Passes Fri 4:20-7:20-10:35 No Passes Sat-Sun 1:20-4:20-7:20-10:35 No Passes Mon-Thu 7:30-10:30
Full Metal Jacket (STC) Mon 7
The Great Gatsby (PG) Fri 4-7:05-10:15 Sat-Sun 12:30-3:50-7:05-10:15 Mon-Wed 6:55-10:10 Thu 6:30
The Hangover Part III (14A) No Passes Fri 4:35-5:25-7-7:50-9:35-10:25 No Passes Sat 11:30-12:20-2-2:50-4:35-5:25-7-7:50-9:35-10:25 No Passes Sun 12:20-2-2:50-4:35-5:25-7-7:50-9:35-10:25 No Passes Mon-Wed 7:05-7:55-9:35-10:25 No Passes Thu 7:05-7:55-9:55-10:25
Iron Man 3 (PG) Fri 4:30-7:35-10:35 Sat-Sun 1:30-4:30-7:35-10:35 Mon 9:30 Tue-Wed 8:30 Thu 6:45
Iron Man 3 3D (PG) Fri 6:55-10 Sat-Sun 12:35-3:45-6:55-10 Mon-Thu 7:35-10:30
Matilda (STC) Sat 11
Now You See Me (PG) Thu 7-9:45
Star Trek Into Darkness (PG) No Passes Fri 6:40-9:45 No Passes Sat-Sun 12:15-3:30-6:40-9:45 No Passes Mon-Wed 8:15
Star Trek Into Darkness 3D (PG) No Passes Fri 4:10-7:15-10:30 No Passes Sat-Sun 1-4:10-7:15-10:30 No Passes Mon-Thu 7:15-10:15

Kramer IMAX Theatre 2903 Powerhouse Dr.

Flying Monsters 3D (STC) Fri 1-2:15 Sat 2:15-4:45 Sun 2:15 Mon 1 Tue 11-1-3:30-7 Wed 1-3:30-7 Thu 11-1-7
Jurassic Park 3D (PG) Sat 8:15
Jurassic Park: An IMAX 3D Experience (PG) Fri 3:30-8:15 Sun 3:30-8:15 Mon 3:30 Tue-Wed 8:15 Thu 3:30-8:15
Rocky Mountain Express (STC) Fri 7 Sat 1-3:30-7 Sun 1-7 Mon 2:15 Tue 2:15-4:45 Wed-Thu 11-2:15-4:45

Golden Mile 3806 Albert St.

Escape From Planet Earth (G) Fri-Thu 1:30-4:05
Evil Dead (18A) Fri-Thu 6:50-9:20
G.I. Joe: Retaliation (PG) Fri 1:10-3:45-6:35-9:15 Sat-Sun 3:45-6:35-9:15 Mon-Thu 1:10-3:45-6:35-9:15
Hotel Transylvania (G) Sat-Sun 1:30
Oblivion (PG) Fri-Thu 1:15-3:50-6:30-9:05
Olympus Has Fallen (14A) Fri-Thu 1:15-3:50-6:40-9:10
Oz the Great and Powerful (PG) Fri-Thu 1:10-3:45-6:30-9:15
Safe Haven (PG) Fri 1:20-3:55-6:40-9:10 Sat-Sun 6:40-9:10 Mon-Thu 1:20-3:55-6:40-9:10
Scary Movie V (14A) Fri-Thu 6:50-9:20
Still Mine (PG) Fri-Thu 1:25-4-6:45-9:05
Wreck-It Ralph (G) Fri-Thu 1:30-4:05

Regina Public Library Film Theatre, 23 11 12th Ave.

The Ballad of Hugh (STC) Sat 9 Sun 7
In Your Dreams (STC) Thu 9
Like Someone in Love (STC) Fri 9 Sat 7 Sun 9
No Films Showing Today (STC) Mon-Tue
Slaughter Nick for President (STC) Fri 7 Wednesday Plus (STC) Wed 7
The World Before Her (PG) Thu 7

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

My first name ain't Baby, it's Billionaire

Janet Jackson isn't doing too bad for herself: After several decades in the entertainment industry, the singer and actress has reportedly hit billionaire status, according to Variety.

Jackson's income has included $458 million for concert tours, $260 million from album sales and $304 million for film and TV work, plus more than $81 million from sponsorship deals. With the new income milestone, Jackson joins an elite club that also includes her husband, Wissam Al Mana, who became a billionaire thanks to investments in the Middle East.

Moore than a number: Would you ask the men these questions?

Julianne Moore ALL PHOTOS GETTY IMAGES

Julianne Moore is getting tired of the double standard for women when it comes to getting older in Hollywood. "Men aren't asked about age. Men aren't asked about their children," she tells DuJour magazine. "Not that these things aren't important, but I do feel like it becomes reductive when a woman's life becomes, 'Talk to me about your kids and how you feel about plastic surgery.'" Still, Moore doesn't want to sound like she's complaining, as she's thrilled to have had the career she's already had: "If I saw myself sitting here at 52, talking about my career and how I've been doing it for the last 30 years, I'd be like, 'Are you kidding me? It happened?'"

Stewart wasn't so Swift to seek out Taylor's sympathy

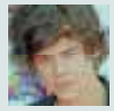
Kristen Stewart

OK, so maybe Kristen Stewart didn't seek breakup advice from Taylor Swift after all. Despite reports earlier this week, sources insist to E! News that the Twilight actress did not in fact hightail it to Swift's Beverly Hills home in the wake of her split from Robert Pattinson. "They know each other and they are friends, but they didn't see each other," a source says of the young women.

Twitter

@JuddApatow
Exhausted till the moment I get in bed then suddenly wide awake and stressed. Yet too tired to get up and do anything. 2 tired for TV. Ah!!

@josswhedon
Joss Whedon! He puts the "fun" in "Well that wasn't much fun, was it?"



@Harry_Styles
"Hey, you're not a good dancer." Thank you so much for that.

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Taco, the next generation

Top chefs share their ideas for making over everyone's favourite build-it-yourself meal

Cali Vegetarian

Santa-Barbara-based food and garden blogger Valerie Rice (Eat Drink Garden) uses lentils as the base for her taco, simmering them with tomato, garlic, red pepper, and a dash each of cumin and smoked paprika. The lentils get packaged in a soft corn tortilla and topped with items such as roasted tomatillo salsa and guacamole. "My first go-round with these I wasn't sure how it would go over with my meat-loving husband and sometimes picky daughters," Rice wrote in an email. "But they were a total hit and now are part of our dinnertime rotation."

Persian-Inspired

Toss shredded chicken in a sauce of pomegranate molasses, lime juice and honey. Stuff the meat into a taco shell (or wrap it in a flour tortilla or even Middle Eastern flatbread) and top with yogurt, fresh basil, mint, scallions, tomato, cucumber and plenty of sumac. "This is a classic combination of Persian ingredients," Louisa Shafia, author of The New Persian Kitchen, wrote in an email. "Crushed purple sumac berries are tart and salty and a must have for conjuring the authentic flavour of Middle Eastern cuisine."

Pig-in-a-Taco

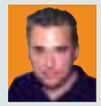
Stick a pork tenderloin in the slow cooker until it practically melts, suggests Marie Simmons, author of the new cookbook, Taste of Honey. Shred the meat, then toss it with a sweet-spicy barbecue sauce made by simmering honey, chipotle peppers packed in adobo sauce, ketchup, soy sauce, cumin, chili powder, garlic and a swig of cider vinegar for about 10 minutes, or until thick. Top the taco with avocado, thinly sliced radishes and a shredded jicama-and-carrot slaw dressed with chopped cilantro and lime juice.

Steak House

Season a flat-iron steak with salt and pepper, then sear it on the grill, suggests Washington, D.C. chef Spike Mendelsohn, who plans to open a steak frites restaurant called Bearnaise this summer. Wrap thin slices of the steak and pickled red onions inside a soft corn taco and serve with warm bearnaise sauce for dipping. "I love the idea of eating a steak without sharpening my knives," Mendelsohn said via email. **THE ASSOCIATED PRESS**

Liquid Assets

Counting calories



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

I never thought I'd see the day when calorie-counting would be the latest wine trend.

After all, the belly-expanding issue with booze comes from its sugar and alcohol. Wines tend to have low quantities of both, with the average white or red containing about 140 calories per five ounce glass.

I guess when you're watching your weight even that can equal lots of squats. Who came to the rescue? Why, a former real housewife of New York City.

Bethenny Frankel, reality star and business mogul, started her Skinnygirl line of adult beverages so she could enjoy a guilt-free Margarita. After her company sold for bags of dough, the concept was unleashed on wine lovers.

At 100 calories per five ounce serving, the Skinnygirl 2011 California Red ($14.99) hasn't downplayed the alcohol (a respectable 12 per cent) in its freshly crushed blackberry fruit flavour that ends with a bright, juicy finish.

While it's a chillable red that will match with most summertime menus, the skinny on this girl is that she may taste best all by herself. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Replace those typical burrito fillings

Ingredients

Filling
- 4 thick slices bacon, chopped
- 1 onion, diced
- 5 ml (1 tsp) each chili and cumin powder, and oregano
- 250 ml (1 cup) dry green lentils
- 1 l (4 cups) water
- 250 ml (1 cup) corn
- 5 ml (1 tsp) salt
- 5 ml (1 tsp) hot sauce

Burritos
- 4 large soft tortillas
- 1 carrot, shredded
- 125 g (4 oz) "taco-blend" shredded cheese (approx)
- 50 ml (1/4 cup) salsa (approx)
- Handful of cilantro leaves

1. Toss bacon into saucepan along with a splash of water. Bring mix to a simmer. As bacon begins simmering, water will encourage it to cook evenly. Eventually water boils away, leaving bacon bits to crisp in rendered bacon fat. When crisp, strain.

2. Toss onion and seasonings into bacon and stir until flavours brighten and textures soften, 5 minutes.

3. Pour in lentils and water and bring mix to slow, steady simmer. Continue cooking as lentils absorb moisture and begin softening; stir occasionally. Eventually lentils will become tender and absorb all water, about 45 minutes. If mix still seems a bit wet for burrito filling, simmer few minutes longer. In last few minutes of cooking, stir in corn, salt and hot sauce.

4. Lay 4 tortilla shells on work surface and divide filling among them. Top with carrot, cheese and salsa. Sprinkle with crisp bacon and top with lots of cilantro. Fold in sides and roll up tightly. **THE CANADIAN PRESS/ CREATED BY CHEF MICHAEL SMITH**

This recipe serves four. **THE CANADIAN PRESS H/O**

CFL

Roughriders send McElveen to Ticats for Leong Jr.

The Hamilton Tiger-Cats acquired import receiver Lyle Leong Jr. from the Saskatchewan Roughriders on Thursday in exchange for import defensive lineman Jermaine McElveen.

McElveen, a six-foot-four, 265-pound native of North Chicago, Ill., is entering his sixth CFL season. He had 31 defensive tackles and a team-leading six sacks in 15 games with the Ticats last year.

McElveen spent his first four seasons with the Montreal Alouettes, winning the Grey Cup in 2009 and 2010. In 68 career CFL regular-season games, he has 109 defensive tackles and 24 sacks.

Leong, a six-foot-one, 185-pound native of Abilene, Tex., signed with the Roughriders in January after spending time with the Dallas Cowboys in 2011.

Also Thursday, the Roughriders released import defensive back Tristan Jackson and import defensive lineman Jay Alford.

THE CANADIAN PRESS

NHL

Roy returns to Avs as coach

Patrick Roy has been hired as coach of the Colorado Avalanche.

The team said Thursday it has reached an agreement in principle with the Hall of Fame goaltender to take over as coach and vice-president of hockey operations.

The 47-year-old Roy won two Stanley Cups with Colorado. He becomes the sixth coach in Avalanche history and the 14th in franchise history; the team began as the Quebec Nordiques and joined the NHL in 1979.

Roy has spent the last eight seasons as coach and general manager of the Quebec Remparts of the Quebec Major Junior Hockey League, winning the 2006 Memorial Cup. He is also a part-owner of the QMJHL franchise.

"This is an unbelievable day for me," Roy told the team's website. "It's a new and exciting challenge that I am really looking forward to."

THE ASSOCIATED PRESS

Rangers survive bear scare to avoid sweep

Rangers goalie Henrik Lundqvist keeps an eye on the puck during Game 4 of the Eastern Conference semifinals against the Bruins on Thursday night at Madison Square Garden. Chris Kreider steered in a pass from Rick Nash 7:03 into overtime and the Rangers stayed alive in the Stanley Cup playoffs with a 4-3 victory over the Bruins. BRUCE BENNETT/GETTY IMAGES

Sens captain going down with his quip

NHL playoffs. Alfie says his remark of the team 'probably not' able to beat the Pens in three straight games taken out of context

Daniel Alfredsson has no doubt that he and the Ottawa Senators will bring their best game to Pittsburgh and doesn't care if anyone thinks otherwise.

Down 3-1 to the Penguins, the Senators face the prospect of elimination when their best-of-seven Eastern Conference semifinal resumes Friday night.

While he would have preferred to talk about resiliency and opportunity on Thursday, Alfredsson was forced to explain his comments following Wednesday's 7-3 loss to the Penguins. The Ottawa captain had been asked whether it was feasible for the Senators to win three straight games against the Penguins.

"Probably not," Alfredsson told reporters in a post-game scrum. "I mean, with their depth and power play right now, it doesn't look too good."

On Thursday, he admitted his comments were probably taken out of context, but said, "That's fine, I can handle that."

"We're down 3-1 to a very good team and going back to their building and we're just going to go in there and give them a hell of a game. We've always responded really well when our backs are against the wall and this is no different. The good thing is we're still in the playoffs, it's not over so we're going to go in there and give them everything we have."

Alfredsson said he hadn't had a chance to read the various news reports or reaction to his comments, but wasn't overly concerned by how they were being perceived.

"It doesn't really matter to me which way it's looked at," said Alfredsson. "I think the guys in this room know enough about me and I believe in these guys so what's said and how it's looked at I'm not going to change anything from what I said.

"It's pretty obvious to me that we're in pretty tough and all we can do is focus on (Friday's) game and give ourselves a chance to come back here for a Game 6."

Teammates had no issue with Alfredsson's comments and have no reservations about his belief in the team.

"I think what he was getting at is we're a team that nobody's given us a chance most of the year and guys have made the most of it and whenever our back's been up against the wall we've played real well," said forward Jason Spezza. THE CANADIAN PRESS

Quoted

"We have to go to Pittsburgh and play our best game of the series. We haven't played our best game yet and hopefully it's (Friday)." Jason Spezza

Never in doubt

Anderson will start Game 5

Despite being pulled for the second time in the series, Craig Anderson will get the start in goal for Ottawa. Paul MacLean had no issue with Anderson's play and said there was never a question as to him starting.

"The play of our goaltender allows us to play with a certain amount of freedom, but at the same time we have to play for him too," said MacLean. "The game (Wednesday) when the momentum swung the other way, it really swung. They made it very difficult for us and they never let off at all.

"They kept going and we couldn't even get the momentum stopped. We have to come back (Friday) and stop the momentum."

4 SPORTS

T.J. Grant ready to climb the totem pole

UFC 160. Saturday's fight vs. Gray Maynard 'the next step' in Canadian's MMA future

PHILIP CROUCHER
Metro in Halifax

Canadian T.J. Grant says he's ready for the biggest fight of his career. METRO

T.J. Grant knows this isn't just another fight.

A win on Saturday night at UFC 160 against the talented Gray Maynard, and Grant gets a shot at Benson Henderson's lightweight title.

It's a position the Cole Harbour, N.S., native has never been in before, and it's one most MMA fighters can only dream about.

Still, with so much riding on this fight, Grant is doing his best to not look too far ahead. He's preparing for a 15-minute war against Maynard before a soldout crowd at the MGM Grand Arena in Las Vegas, and is ready to do whatever it takes to get his arm raised in victory.

"I got a job to do and it's the only way I'm treating it right now," said the 29-year-old Grant, prior to leaving for Las Vegas earlier this week.

"I know what the boss said and what's at stake, but at the same time, I'm just thinking about what I have to do to go out there and win this fight. I'm not really thinking ahead."

The boss — UFC president Dana White — announced last month that the winner of the Grant-Maynard fight would get a shot at the lightweight title.

It has made what was already Grant's biggest fight to date even bigger. The bout will mark the first time Grant has appeared on a UFC pay-per-view. It's the second bout of a card that gets underway at 8 p.m.

Grant is calling his fight against Maynard "the toughest test of my career."

"I'm definitely not going to take this lightly," he said. "That's all the motivation I need to go in and fight Gray Maynard. He's going after what I want. I want to forward my career and this is the next step."

Grant couldn't go into a fight with much more confidence than he has now. He's on a four-fight winning streak since moving to lightweight, including a January TKO victory over Matt Wiman.

Jays' bats knock down O's

Blue Jays second baseman Emilio Bonifacio, left, and shortstop Munenori Kawasaki high-five after ending the first inning with a double play against the Baltimore Orioles on Thursday. Edwin Encarnacion hit a sixth-inning grand slam to key Toronto's 12-6 win at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES

NBA

Pending free agency not on coach's mind

Lionel Hollins has been more successful than any Grizzlies coach and will be a free agent after June 30.

He has the Grizzlies in the Western Conference finals for the first time and has won more games with this team than any other coach.

He probably wouldn't have a problem getting another job, but is very happy with the one he has. And he's not worrying about what the future holds.

"I have a job," Hollins said. "I'm happy with where we are and excited about what we're doing. That's my only concern. Everything else is irrelevant."

New owners took over in November and decided to wait until after the season to see what they had before extending contracts. That has made Hollins a popular potential candidate for other openings.

THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Why are you making a simple situation so difficult? Whatever the reason, you need to realize that, at the moment, you are your own worst enemy. Try looking at life from a more positive perspective today.

♉ Taurus
April 21 - May 21
Before you make an important decision, make sure you have covered all the angles and not left any loose ends that might trip you up. The devil, as always, is in the details.

♊ Gemini
May 22 - June 21
Your larger-than-life personality will get a boost from today's Venus-Mercury link in your sign. Someone who was hoping you might take a lower profile will be disappointed.

♋ Cancer
June 22 - July 23
If someone seems to be taking too much of an interest in your private affairs, you must tell them to get lost. You may have to say it more than once, and louder than you would like, before they get the message.

♌ Leo
July 24 - Aug. 23
You are not the first person to walk a certain path, so why not make your journey easier by following in the footsteps of those who have been there and done it before you?

♍ Virgo
Aug. 24 - Sept. 23
At some stage today, it will be obvious that going it alone is not an option. You need the help of people whose talents in certain areas are superior to your own. Success is mainly about co-operation.

♎ Libra
Sept. 24 - Oct. 23
You will indulge even more so than usual over the next 24 hours. The good things in life are there to be enjoyed and you have every intention of getting your share — and then some.

♏ Scorpio
Oct. 24 - Nov. 22
It may feel as if the pressure is building and because of the approaching eclipse you won't be as self-assured as you usually are, but there is no need to panic. It will all turn out right in the end.

♐ Sagittarius
Nov. 23 - Dec. 21
Are you taking someone for granted? According to the planets you are and what happens today will remind you how much you owe them emotionally. Make an effort to remind them you care.

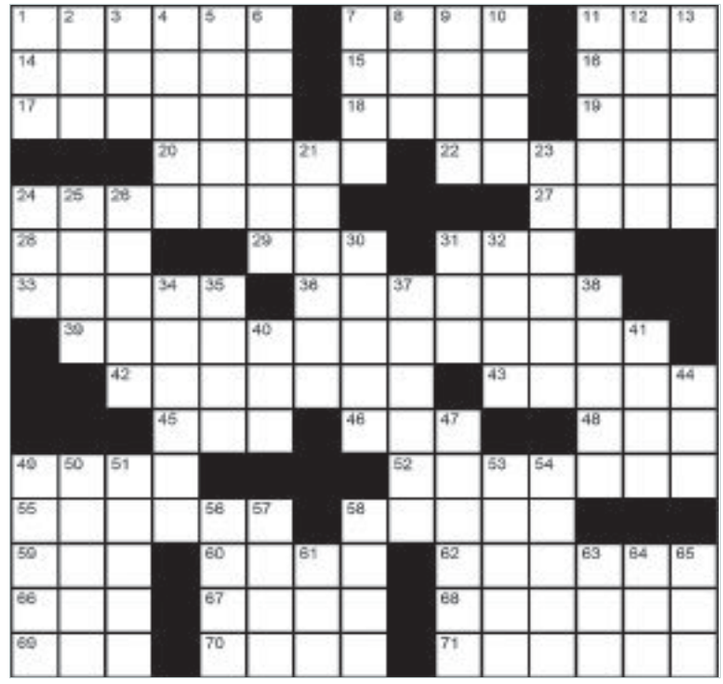
♑ Capricorn
Dec. 22 - Jan. 20
You need to keep your wishful thinking under control. Even though you are down-to-earth by nature, you do enjoy your flights of fancy. Just make sure you don't fly too high.

♒ Aquarius
Jan. 21 - Feb. 19
Today's Venus-Mercury link in the most creative area of your chart urges you to do something of an artistic nature. What is it you enjoy doing more than anything else? Make time for it in your schedule.

♓ Pisces
Feb. 20 - March 20
If you want something, you will find a way to get it — even if you know it is wrong. That's your choice to make, but what might it do to people you love? Think carefully. **SALLY BROMPTON**

Crossword: Canada Across and Down

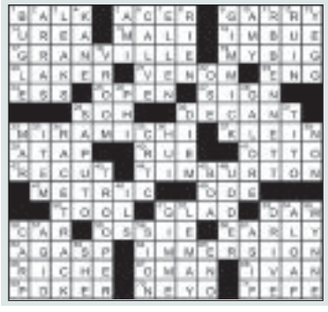
BY KELLY ANN BUCHANAN



Across
1. Checks for mistakes
7. In addition words
11. Banned insecticide
14. Not alert
15. Competitor in fables
16. Touchstone type
17. Japanese poems based on syllables
18. Hautbois
19. Songstress Ms. McEntire, for short
20. __-level position
22. __ scream
24. Engagement ring wearer
27. Identify
28. Particular pot
29. Great civil rights leader, monogram
31. Sixties rocker's drug
33. Residence for clergy
36. Bland
39. She was born May 24th, 1819: 2 wds.
42. Filmdom's famous falcon
43. Field protectors, in baseball
45. Wood variety
46. Palm's place, puny-ly
48. "__ whiz!"
49. Tony Danza sitcom
52. On the map's right side
55. Takes away weaponry
58. Put forth
59. Necklace/rings/earrings holder
60. Charity contributions
62. Cyclist's need
66. Mr. Wallach of movies
67. Go on the yacht
68. Like cake flowers
69. Cars traverse them, for short
70. Jekyll's other side
71. Take back, as products from shelves

Down
1. Place
2. The other genetic letters
3. Oprah Winfrey's TV network
4. Like some hardwood floors
5. Swiss currency
6. Method
7. Sailor's call!
8. Apprehend
9. Plummet
10. Nostradamus, for one
11. Skin layer
12. Hope
13. Round 'twas the one for The Knights
21. Experience again
23. Ms. Gandhi, former Prime Minister of India
24. Fee-fi-fo-__
25. Mideast land
26. Per __ (Yearly)
30. Kosher deli turnover
31. Illuminated
32. Parking place
34. Breath it in on the briny: 2 wds.
35. Fitting-here fishies
37. Spectacles
38. Sad tune
40. Kind of power
41. Copycat
44. Political title, for short
47. Commuter, when in a rush to catch the train, say
49. Root veggie
50. Three Dog Night hit: "__ Fashioned Love Song": 2 wds.
51. Graph line, _-__
53. Like '50s music's blue shoes
54. Purposeful
56. Movie-turned-TV-series set during the Korean War
57. Finish off, Knight-style
58. Archipelago part
61. __-Atlantic Ridge
63. Entrepreneur's deg.
64. Annex
65. __ Aviv, Israel

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	4				2		3	5
5	6			8	3			7
				5		4		
	8				6	3	1	
		1	8		4	7		
	7	6	1				2	
		9		4				
7			2	6			4	3
6	5		3				7	9

Yesterday's Sudoku

1	3	8	6	7	5	9	2	4
7	6	4	1	9	2	3	8	5
9	5	2	4	3	8	7	6	1
5	8	6	9	2	4	1	7	3
3	4	7	5	8	1	6	9	2
2	1	9	3	6	7	4	5	8
8	9	1	7	5	3	2	4	6
6	2	3	8	4	9	5	1	7
4	7	5	2	1	6	8	3	9

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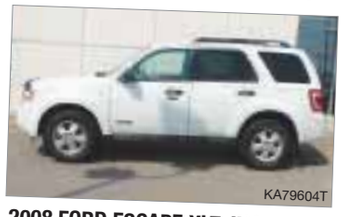

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2008 Ford F-150 Ext Cab 4X4 STOCK #B52455T	$9,999*	2004 Dodge Ram 1500 4X4 STOCK #630344T	$9,517*
2007 Ford Fusion SE STOCK #143383T	$9,274*	2010 Ford Focus SE STOCK #216258T	$8,853*
2008 Ford Focus 2 Door Coupe STOCK #291285T	$9,537*	2002 Honda Civic EX STOCK #800016T	$4,921*
2008 Chev Cobalt 2 Door Coupe LT STOCK #317141RP	$7,795*	2009 Pontiac Wave STOCK #135255T	$7,969*
2005 Ford Escape XLT 4X4 STOCK #C90005T	$9,133*	2005 Ford F-150 Ext Cab FX4 STOCK #A16851T	$8,888*
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